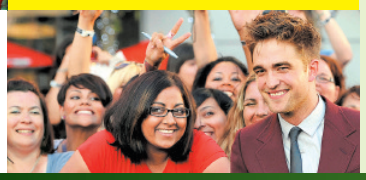
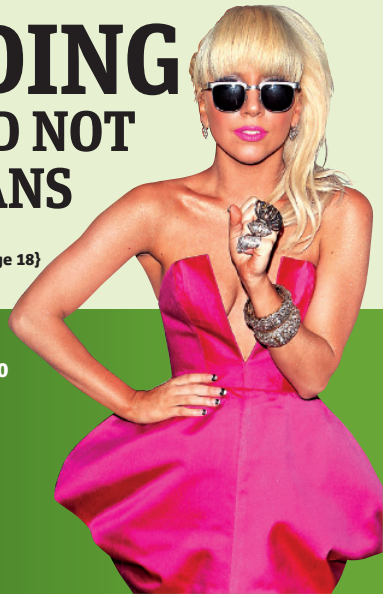
BUILD A FIERCE IMAGE
NUTRITIONIST ON THE BODY WE WANT
{page 22}

TWILIGHT FRENZY
TWIHARDS, FANPIRES READY FOR ECLIPSE
{page 15}



NO KIDDING
MOTHERHOOD NOT IN GAGA'S PLANS
NO GOO GOO {page 18}



VANCOUVER metro®

Tuesday, June 29, 2010
www.metronews.ca

Min 11°
Max 18°

Share this copy with a friend

Stepfather arrested after girl, 5, killed

Man admits in court documents to cutting Abbotsford child's throat ◐ Mother found girl Sunday night at holiday home in Washington state ◐ Couple told police stepfather was on medication for bipolar disorder

KRISTEN THOMPSON
@METRONEWS.CA

A five-year-old Abbotsford girl has died in Washington state after her stepfather allegedly slit her throat.

Peter James Wilson, 29, from Abbotsford, is accused of killing Clare Shelswell at a holiday home in Hoodsport, west of Seattle.

The girl's mother, Sarah Wilson, found the girl on Sunday night after her husband told her "not to worry" and allegedly took the girl into the kitchen to discipline her.

According to court documents filed yesterday, Peter Wilson admitted to cutting the little girl's throat.

The couple told police Wilson is taking medication for a bipolar disorder.

In a statement released to the media, Sarah Wilson asked for privacy as she mourns her daughter's death.

World Cup. Party

▶ Fans at the Libra Room celebrate as Brazil scores their first of three goals yesterday.

JEFF HODSON/METRO VANCOUVER

Commercial Drive alive with World Cup action. {page 8}

Taxation

Some treats escape HST stamp

◐ A little creativity can go a long way with list of tax-free foods {page 4}

Baby food packs adult wallop

Study finds many products high in sugar and salt {page 11}

Vancouver Gold

A $20 bill weighs 1 gram. For 18kt gold, Vancouver Gold pays over $21/gram.

GOLD: Worth its weight in CASH

VANCOUVER GOLD - BEST PRICES FOR ALL GOLD AND SILVER

$50 BONUS on East Indian, 22Kt and 24Kt jewellery
When you sell $500 or more. Valid until Tuesday, June 22, 2010.

254 West Broadway • 604-764-5134 • www.vancouvergold.ca • Monday - Friday 9am to 6pm, Saturday 10am to 4pm

The freedom to browse from anywhere in your home.

Yes, even there.

Shaw's fastest High-Speed ever is now available with home Wi-Fi.

24/7/365SERVICE
TSX 60 / NYSE

SHAW
PEOPLE POWERED

Backpedalling on dubious manual

A controversial manual given to new bus drivers that allegedly stereotypes cyclists is being revised.

In the 62-page manual given to Coast Mountain Bus Company trainees, there is one page dedicated to the main types of cyclists on Vancouver roadways. They are categorized as Teen, Novice and Lunatic.

The Teen supposedly runs stop signs, the manual says, while the Novice tends to act as a pedestrian. The Lunatic — and bike couriers fall under this category — is said to disobey rules of the road.

"We are now reworking (the manual), because some of the terminology might best be described as inappropriate."
DREW SNYDER, TRANSLINK

TransLink spokesperson Drew Snyder said he's aware of the criticism being levied by cycling advocates.

"We are now reworking (the manual), because some of the terminology might best be described as inappropriate. But the principle remains the same, that there are things the bus drivers need to watch out for."

Kari Hewitt, chair of the Vancouver Bike Advisory Committee, said she was "very surprised that a pamphlet (like that) would be put out about cyclists."

RAGNAR HAAGEN

RAGNAR HAAGEN/FOR METRO VANCOUVER

▶ A cyclist loads a bike onto a bus on Burrard Street yesterday.

Realtor on target to break Grind record

Man eyeing 14 climbs up mountain in single day Goal is to raise $15K for shelter foundation

JEFF HODSON
@METRONEWS.CA

A local realtor was on pace yesterday afternoon to break the record for Grouse Grind climbs in one day.

At press time, Sebastian Albrecht, 35, had completed nine of 14 grind attempts. He was on pace to break his own co-held record of 13 climbs in a single day.

"The beginning was easy, but now it's starting to get harder," said Albrecht, as he peeled off a saturated grey T-shirt dripping with sweat and the rain at the top of his seventh climb.

"I'm getting tired, sore, crampy, all those sorts of things. It's mind over matter at this point."

"I'm getting tired, sore, crampy, all those sorts of things. It's mind over matter at this point."
SEBASTIAN ALBRECHT

Albrecht's climb is the vertical equivalent of scaling Mount Everest one-and-a-half times in a day.

His goal is to raise $15,000 for the Royal LePage Shelter Foundation.

Last year, he climbed the grind 13 times in a day and raised almost $10,000.

"It was like I was hungover for about a week afterwards."

JEFF HODSON/METRO VANCOUVER

▶ Sebastian Albrecht finishes his seventh Grouse Grind yesterday.

1 news

Welcome

Welcome to your new fresh-faced Metro!

We're delighted to debut our exciting new design — bright, open, contemporary — part newspaper, part magazine and all about the world we live in today.

What hasn't changed: Our commitment to being your city voice. You'll find all the news, entertainment, lifestyle and sports you count on reading in Metro, plus new columns, features, sections and ways of telling compelling stories.

You'll also find new ways to engage with your Metro, from contests to write-ins to the chance to send a message to someone you love! We hope you'll find us more engaging than ever.

CHARLOTTE EMPEY, EDITOR-IN-CHIEF

Anti-HST petition in early

The petition to repeal the pending HST is being hand-delivered to Elections B.C. in Victoria tomorrow, five days ahead of the deadline.

Chris Delaney, who organized the campaign with former premier Bill Vander Zalm, said they well exceeded the mandatory minimum number of signatures, so it made sense to hand it in early.

If an initiative petition has the support of 10 per cent of voters in all the province's ridings, it can be brought before the legislature.

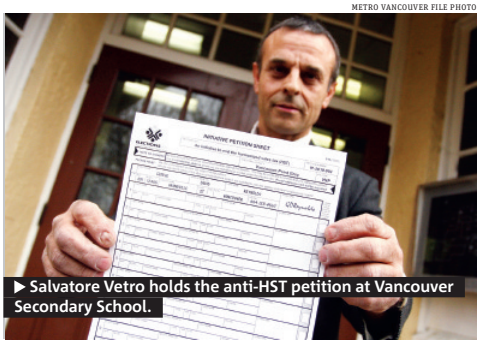
The campaign collected more than 15 per cent in most ridings, including 10 Liberal ridings.

"I think there's a sense of betrayal among the Liberal voters," he said.

"Everywhere an HST has been brought in (in Canada), that government was defeated."

KRISTEN THOMPSON

METRO VANCOUVER FILE PHOTO



▶ Salvatore Vetro holds the anti-HST petition at Vancouver Secondary School.

HST rules will let them eat cake

◐ Feds prepare 35 pages of rules on food taxation ◐ Groceries are safe, but processed foods will take a hit

If you're at a wedding some time after the harmonized sales tax kicks in on July 1, don't complain if you get cake for dinner and dessert. You're saving the bride and groom some money.

When the HST takes effect Thursday, wedding cake will be exempt from the levy, but not catered meals — one of the quirks that come with the controversial tax.

The Canada Revenue Agency, which will administer the new tax system, devotes 35 pages to food and the HST, and there are deals to be had.

Because a food or beverage hasn't been defined under the federal Excise Tax Act, the revenue agency has made its own definition on products it considers to be basic grocery items and which are value-added, meaning a 12 per cent hike in B.C.

THE CANADIAN PRESS

Tax-free treats

The following products, defined as grocery items by the federal revenue agency, are exempt from HST:

- Cooking wine is HST-free.
- Frozen pizzas escape the bite of the HST.
- If you drink soy milk instead of the bovine beverage, then your wallet will feel the pinch. However, ice cream, sherbet and frozen pudding are taxable when sold in single servings.
- Buy a muffin or pastry on its own and you pay tax, but buy a pack of six and it won't be taxable.
- Fruit drinks, if they contain less than 25 per cent natural fruit juice, are taxable.
- Heated foods, salads and sandwiches and cheese and finger-food platters under $4 escape the tax in Ontario, but not in B.C.

KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ Pearl Manzano shows off a cake at Goldilocks on West Broadway. Wedding cakes will be exempt from the HST.

HST not the only hike to gas prices

Gas prices are going up Thursday and the Harmonized Sales Tax is not to blame. Canada Day marks the one-year anniversary of the Carbon Tax that originally added 2.4 cents to a litre of gas.

Vancouverites already pay some of the highest prices in Canada.

1.17

On July 1, another increase of 1.17 cents is taking effect.

RAGNAR HAAGEN

News in brief

Bear shot dead by police

WILDLIFE. West Vancouver police officers shot and killed a large black bear that had broken into at least one home. The bear had been tagged, indicating that it had been caught and released before.

RAGNAR HAAGEN

Natives create gaming board

GAMBLING. The First Nations Summit has created its own gaming commission in an attempt to pry some of the billions of dollars the B.C. government takes in every year. Every other province with legal gambling has some kind of profit-sharing agreement with its First Nations.

THE CANADIAN PRESS

News in pictures

PHOTOS
1. TORSTAR NEWS SERVICE FILE
2. RCMP HANDOUT
3. RCMP HANDOUT
4. CBC NEWS ONLINE
5. TODD RYBURN (FLICKR: TRYBURN)

1 A B.C. man whose sperm sample was destroyed in a power outage at a University of B.C. lab has won the right to file a class action suit. The sperm belonged to men undergoing treatments that could affect their reproductive systems.

2 A tombstone for a four-month-old baby was recovered yesterday after it was stolen from her parents' Courtney home. Two boys found the stone at a nearby campsite after the family searched for hours.

3 A 29-year-old man has been charged with first-degree murder in the death of a Kelowna drug dealer in April. Joelon David Atish Verma is charged with killing Brittney Lee Irving, 24, pictured.

4 The man convicted of dragging gas station attendant Grant de Patie, pictured, to death is back behind bars. Darnell Pratt is in prison after breaking curfew at his Kamloops halfway house.

METRO VANCOUVER

5 A black bear in Rossland, B.C., was recently destroyed after waltzing into a restaurant in search of grub and intimidating a resident. THE CANADIAN PRESS

OUR BOUNCERS CAN GET PRETTY NASTY TOO
BANFF ICE VODKA
COLD FILTERED TRIPLE DISTILLED FOR EXCEPTIONAL SMOOTHNESS
BANFF ICE VODKA
Things are a little different in the Rockies
*TM/MC of Alberta Distillers Limited Calgary, Canada © Copyright Alberta Distillers Limited 2010.
drink smart®

SAY HELLO TO MORE METRO

Now Metro gives you MORE of the news and entertainment you love, in a whole new way.

"The new layout catches your eye and acts like a camera lens. When you look through it, you get the full picture."

MORE of the sleek and sophisticated newspaper you love and that now captures the look and feel of a magazine.

"I look forward to reading the new Metro every day!"

MORE news, entertainment, life and sports that goes way beyond the headline and tells the story with charts, graphs, pictorials, fact boxes and so much **MORE**.

MORE dynamic colours, elements and headlines to give your Metro a more modern and fun look.

"I like that it is more colourful and highlights important or interesting stories"

MORE organized and easier to navigate.

MORE Sports and so much **MORE**.

metro

KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ NDP MP Fin Donnelly, front left, at a rally for B.C. salmon at the Fraser River yesterday.

NDP says bill could save B.C. salmon stocks

- Proposal calls for containment farms
- William Shatner supports bill, adds video message

New fish-farming legislation could save B.C.'s wild salmon stocks without devastating the province's aquaculture industry, New Democrat MP Fin Donnelly said yesterday.

The new proposal calls for a transition to closed-containment salmon farms, which would protect salmon migration routes from sea lice, Donnelly said. He also initiated a "postcard campaign," to pressure the federal government to pass the bill.

Canadian pop culture icon William Shatner, who supports the bill and provided a video message, also has plenty to say about the dangers of the current salmon farming system.

"This (salmon farming situation) in British Columbia is ridiculous, crazy and irresponsible ... it's inexplicable that the government is not protecting them," Shatner said while at a Star Trek conference in Vancouver.

Dr. Larry Dill, a marine biologist and professor at Simon Fraser University, says B.C.'s salmon species are resilient, and would return to healthy numbers within 10 to 20 years if the legislation passes.

KYLE FARQUHARSON

80K

The number in tonnage of salmon are produced each year by B.C.'s farms, but environmental concerns have stalled the growth of this segment of the aquaculture industry.

ASSAULT CHARGES

Man charged with attack on police officer

A 47-year-old man has been charged with assaulting a Vancouver police officer after it was alleged he had grabbed a cop's gun and baton while being arrested in the Downtown Eastside.

Two officers approached the suspect, after recognizing him as a man wanted on outstanding warrants, said Const. Lindsey Houghton.

"He allegedly began to actively resist and fight (the officers)," Houghton added.

Ali Eltah Ishag, of no fixed address, was also charged with assaulting an officer in Calgary last year.

KRISTEN THOMPSON

Vandals eye MLA office

Vandals have targeted the constituency office of Shuswap MLA and Aboriginal Relations and Reconciliation Minister George Abbott.

Salmon Arm RCMP Sergeant Kevin Keen says tar and feathers, mixed with human or animal excrement, were plastered on the front of the Abbott's Salmon Arm office.

THE CANADIAN PRESS

AIR CANADA VACATIONS

Canada Day! SALE

SAVE $500 PER COUPLE on Sun packages. Book by July 1, 2010.

MEXICO
Los Cabos

Royal Solaris Los Cabos Resort & Spa • 4★
All-Inclusive
Deluxe rm.
Aug. 7 – 21 • 1 wk.

PRIVILEGES $619
+Taxes & other fees (including service charges): $266

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive
Junior suite
Aug. 7 – 21 • 1 wk.

$815
+Taxes & other fees (including service charges): $266

DOMINICAN REPUBLIC
Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive
Standard rm.
July 11, 18 & 25 • 1 wk.

PRIVILEGES $799
+Taxes & other fees (including service charges): $340

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 1 – 25 • 1 wk.

$949
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

CUBA
Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
July 17 – 31 • 1 wk.

$839
+Taxes & other fees (including service charges): $221

Varadero via Calgary

Sirenis La Salina Varadero • 4★
All-Inclusive
Standard rm.
July 11 – 25 • 1 wk.

$859
+Taxes & other fees (including service charges): $221

EUROPE

LONDON • PARIS • ROME • ATHENS • BARCELONA • BRUSSELS
DUBLIN • FRANKFURT • GENEVA • MADRID • MUNICH • ZURICH

THE AIR CANADA VACATIONS ADVANTAGES

- FREE sightseeing tour with Air & Hotel packages
- FREE advance seat selection
- On-demand personal seat-back entertainment
- Over 30 non-stop flights daily

Flights • Hotels • Car rentals • Rail passes • Transfers • Sightseeing tours • Show tickets • Cruises

Air, Hotel & City Tour

PARIS via Toronto or Montreal

All Seasons Paris Gare de l'Est • 3★
Breakfast daily • Standard rm.
Sept. 16 – 28 • 6 nts.
FREE Paris city tour

$1199 +Taxes & other fees (including service charges): $448

LONDON

Central Park Hotel • 3★
Breakfast daily • Double city rm.
Sept. 8 – 30 • 6 nts.
FREE Hop-on / Hop-off tour

$1239 +Taxes & other fees (including service charges): $517

Air, Hotel & City Tour

ROME via Toronto or Montreal

Hotel Executive • 3★
Breakfast daily • Standard rm. special
Sept. 8 – 14 • 6 nts.
FREE Hop-on / Hop-off tour

$1249 +Taxes & other fees (including service charges): $420

Cruise

Costa Cruise[2]

Costa Allegra
Mediterranean Cruise
Round-trip flight to Rome via Montreal
Interior stateroom, Cat. I3
Aug. 23 • 1 wk.

$2269 +Taxes & other fees (including service charges): $418

BEST PRICE GUARANTEE[1]

Two-city package

LONDON & PARIS

Non-stop flight to London, return from Paris
Train travel between cities

Hotel Ibis London Earls Court • 3★ (London)
Breakfast daily • Standard rm. • 4 nts.
FREE Hop-on / Hop-off tour

All Seasons Paris Gare de l'Est • 3★ (Paris)
Breakfast daily • Standard rm. • 3 nts.
Sept. 16 – 27

$1349 +Taxes & other fees (including service charges): $451

All Europe packages are flexible. Take advantage of a wide selection of hotels and extend your vacation in any city.

CONNECT FREE[3] • Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Victoria

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 10,850 Aeroplan® Miles per member†

Find us on facebook twitter

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash; Turks & Caicos, 20 USD cash. Prices in this ad are in Canadian dollars and are valid for bookings made between June 29 & July 1, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Rome via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Price Guarantee applies for the same air-inclusive package to Europe (same Air Canada flight, travel dates, hotel, room category, meal plan, car rental provider & car category). Our Price Guarantee is valid if the proof of lower advertised or published price is provided to Air Canada Vacations prior to the reservation of your air-inclusive package. Others conditions and restriction may apply to Price Guarantee. [2]Costa Cruises ships' registry: Italy. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

News in brief

Dateline to air Buziak case

TV. NBC's Dateline will air a segment about murdered Victoria realtor Lindsay Buziak as soon as late August. Crews were in Victoria last week to interview friends and family. The 24-year-old realtor was stabbed to death while showing a million-dollar home in February 2008. METRO VANCOUVER

Boys busted for attacks

CRIME. Two 15-year-old boys have been arrested in Burnaby in separate attacks on two 26-year-old women, one walking home from a SkyTrain station and another who was heading home after getting off a bus. One of the victims remains in hospital while the other was released.
METRO VANCOUVER

Jurors excused in Virk case

COURTS. Jurors at the B.C. Rail corruption trial involving government aides Dave Basi and Bobby Virk were dismissed so the judge could hear more submissions.
METRO VANCOUVER

Certificate in Home Inspection

Metro June 2010

Accelerate your career with the Certificate in Home Inspection (CHI) program at Ashton College.

Accredited by the Canadian National Association of Certified Home Inspectors (CanNACHI), the CHI program at Ashton College meets the education and practical requirements of becoming a **licensed BC Home Inspector**.

Full-time program begins:
July 26, 2010

CHI is also available part-time.

Ashton
Education with Purpose

Apply Now:
www.ashtoncollege.com/chi
Or contact admissions adviser
Fouad Saeidi at **604.899.0803 (ext: 101)**

U WORK
U DRIVE
YES YOU CAN OWN A VEHICLE!
• BUY HERE • PAY HERE
No Credit
Bad Credit
Divorce
Repossession
Bankruptcy
Separated
Slow Payer
High Debt Service
First Time Buyer
Refused by Bank
YOU'RE APPROVED
GUARANTEED IN HOUSE FINANCING
ALWAYS APPROVED.CA
JOHN 604-723-7063
www.alwaysapproved.ca
D5489

Soccer fans get wild during Brazil-Chile

Brazilian, Chilean fans descend on bar to support countries • Owner says Brazilian passion for sport surpasses Canada's love of hockey

JEFF HODSON/METRO VANCOUVER

▶ Brazil fans watch World Cup soccer at the Libra Room.

JEFF HODSON
@METRONEWS.CA

A colourful, jubilant affair welcomed soccer fans at the Libra Room on Commercial Drive yesterday to watch the clash of two South American soccer nations.

The barroom was split down the middle with yellow-and-green-clad Brazil fans facing one direction and red-and-blue Chilean fans facing the other. Brazil won the match 3-0.

A drum band echoed outside onto the street, while inside people danced and cheered and shouted at the televisions.

"The atmosphere is excellent, although Brazil is beating us," said Jared Glick, a Chilean supporter, as he rolled a cigarette outside the pub. "It's a good rivalry, happy and healthy."

Owner Rico Bondi said the pub has been well frequented by South American soccer fans — Chileans, Brazilians, Argentineans — since the World Cup began.

> **"To me, the passion that Canadians have for hockey doesn't compare with anything that Brazil has for soccer."**
> RICO BONDI

"To me, the passion that Canadians have for hockey doesn't compare with anything that Brazil has for soccer," said Bondi.

A regular customer with links to the Brazilian community began promoting the bar online as a soccer hotspot through Facebook.

"It's the power of the Internet," Bondi said.

"People started hearing about it ... It's quite fun."

SUBMITTED PHOTO

▶ Rabbits go wild at UVic

Hunt is on for wild rabbits at UVic

The University of Victoria says it has no choice but to conduct a cull of wild rabbits on its campus because the hares are causing havoc.

University of Victoria official Tom Smith the school's property will be divided into two zones, including one that will allow rabbits.

The second area outside the campus ring road will be designated a "rabbit free" zone, where the hares will be trapped and euthanized, sterilized or relocated.

THE CANADIAN PRESS

1,400

As many as 1,400 rabbits will either be put down, sterilized or relocated as part of the plan. About 200 of the animals will be allowed to live in a designated area.

Teach your TV new tricks.

Unleash Optik TV with PVR Anywhere.

It's unlike anything you've ever seen before. Optik™ TV will forever change how you view home entertainment. And with PVR Anywhere, you'll get to watch what you want, when and where you want.

- 1 PVR is all you need – record and watch your shows on any TV in your home with a digital box*
- Pause a recorded program in one room and pick it up from the same spot in another room
- Record up to 3 shows at once from any room

PLUS, get a FREE HD PVR rental when you sign up.†

Get it all on the new TELUS Fibre Optic Network.‡

Call 310-MYTV (6988) or visit telus.com/optiktv or your nearest TELUS authorized dealer.

TELUS

the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*PVR capabilities subject to and limited by applicable laws. Digital boxes charged separately. †Offer available on a 3 year Optik TV service agreement until August 3, 2010, to residential clients who have not subscribed within the past 90 days to TELUS TV service. TELUS Home Phone or High Speed Internet service required. ‡Fibre optics may service all or part of your network connection, depending on location. TELUS, the TELUS logo, Optik and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2010 TELUS.

Chemical tanker blast kills 18 in Pakistan

Pressure built up in storage tank of truck hauling 30,000 litres of 'thinner' Terrorism ruled out

A truck carrying chemicals accidentally exploded yesterday in southern Pakistan after pressure built up in its storage tank, killing 18 people and wounding 40, police said.

Hundreds of people rushed to the truck depot in Hyderabad city to search through the rubble of destroyed shops for dead and wounded, local television footage showed.

Authorities ruled out terrorism and determined the blast occurred from a pressure buildup, said Mohammad Ali Baloch, the senior police official in Hyderabad.

The truck was carrying 30,000 litres of "thinner," said Babar Khattak, the police chief in Sindh province where Hyderabad is located. He was not more specific about the chemical being transported. Pakistan has been wracked by terrorist attacks over the past few years, prompting the army to launch a series of offensives against the Pakistani Taliban along the country's northwest.

THE ASSOCIATED PRESS

Journalist killed

Pakistan also experiences violence at the hands of a separatist movement in the southwestern province of Baluchistan

- Separatists shot and killed a local reporter Sunday as he travelled in a vehicle with his family, said Paris-based Reporters Without Borders. Faiz Muhammad Sasoli's death raises to seven the number of media workers killed since the start of the year in Pakistan, the group said yesterday.

PERVEZ MASIH/THE ASSOCIATED PRESS

▶ Local residents gather at the site of a truck explosion at a depot on the outskirt of Hyderabad, Pakistan, yesterday.

UN summer camp for children trashed in Gaza

Masked men trashed a UN summer camp yesterday, tying up guards and slashing tents and an inflatable pool in the second such attack blamed on suspected extremists in just over a month — a sign of how, in Gaza, youth camp is not just about crafts and volleyball.

Rival day camps by the United Nations and Gaza's Islamic militant Hamas rulers compete for the hearts of the next generation, the roughly 700,000 children under 15 who make up nearly half of the Gaza Strip's population.

Hamas camps teach an anti-Israeli doctrine and military-style marching, along with horseback riding, swimming and Islam. UN camps try to instil hope in a better future, a message wrapped in fun and games.

The UN says it hopes to help shield Gaza's children against the lure of militancy, a task that's getting harder in the impoverished territory. Educators say today's children are more vulnerable than the previous generation, having witnessed war with Israel last year and the violent Hamas takeover in 2007.

THE ASSOCIATED PRESS

ADEL HANA/THE ASSOCIATED PRESS

▶ UN workers inspect the damage at a UN children's summer camp in central Gaza Strip yesterday.

Strict version

- Hamas is becoming more assertive in imposing its strict version of Islam on daily life in Gaza. It has ordered male coiffeurs out of women's salons, and teenage girls are under intense pressure from teachers to wear headscarves and robes in schools.

Ruling a blow to gun control advocates

The top U.S. court, in a blow to gun control advocates, ruled yesterday that states and cities cannot bar Americans from owning firearms.

The ruling by a narrowly divided Supreme Court builds on a case decided two years ago in which the court found that the city of Washington's ban on handguns violated the U.S. Constitution's guarantee of the "right to keep and bear arms."

The top court was divided along ideological lines, with five conservative and moderate justices in favour of gun rights and the four liberals opposed.

THE ASSOCIATED PRESS

Obama: Space race is for all

U.S. President Barack Obama is urging greater international co-operation in exploring space. Obama said in a statement yesterday that the United States no longer is "racing against an adversary" in space. He said the U.S. seeks peaceful collaboration.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS PHOTO

▶ Obama

No appeal in bus beheader decision

The Crown attorney's office in Manitoba has decided not to appeal a decision that granted bus beheader Vince Li his first small taste of freedom.

The Crown says there are no legal grounds to challenge a ruling by a criminal review board to allow Li short, supervised walks on the grounds of the mental hospital where he is currently being held.

Li was found not criminally responsible for stabbing and beheading Tim McLean on a Greyhound bus in July 2008. He has been held at the Selkirk Mental Hospital north of Winnipeg.

THE CANADIAN PRESS

THE CANADIAN PRESS HANDOUT

▶ Professor Charlene Elliott warns that many foods for babies contain unhealthy levels of sodium and sugar.

Sugar and spice not so nice for babies, toddlers

Study shows unhealthy levels of sugar, sodium in foods for babies ◐ Author warns of foods' 'halo effect'

A study suggests pint-sized convenience foods aimed at babies and toddlers pack a grown-up wallop of sugar and salt and normalize an unhealthy diet from an extremely early age.

Professor Charlene Elliott of the University of Calgary plucked products intended for the very young off supermarket shelves and examined their nutritional makeup.

She found items such as cereal bars, child-portioned microwave dinners, fruit jelly snacks, and dessert purees for babies.

"Things like 'premium organic first cookie for toddlers' ... (suggest) it's perfectly acceptable to be feeding your toddler a cookie."
CHARLENE ELLIOTT, STUDY AUTHOR

Of 186 different products, 63 per cent were found to have high levels of sodium or too many calories from sugar. Over half derived over 20 per cent of their calories from sugar.

Elliott said such products have started appearing on shelves within the last five years and are likely to exploit parents who are legitimately pressed for time and want to give their children their own special clothes, toys and food.

Such foods often enjoy a "halo effect," she suggested. Parents assume the products must be healthy since they're made for children.

"People expect them to be held to a gold standard ... this isn't necessarily the case." **THE CANADIAN PRESS**

G20 SUMMIT AFTERMATH

Inquiry into G20 rioting?

The Ontario government says it's up to Ottawa to call a public inquiry into the G20 Summit that roiled Toronto.

And Toronto Mayor David Miller insists no inquiry is needed, saying the city's Police Services Board will conduct a routine review with input from citizens — and anyone who feels they were mistreated by police can complain directly to the provincial Office of the Independent Police Review Director.

▶ David Miller

But Ontario's New Democrats say there are "far more questions than there are answers" after the wild weekend of violence and the decisions that led up to it **TORSTAR NEWS SERVICE**

Population tops 34 million

Canada's population now exceeds 34 million, with British Columbia showing the strongest growth rate of all provinces, according to Statistics Canada.

As of April, the national population was estimated at 34,019,000, a jump of 0.26 per cent — or 88,100 people — from January.

Immigration accounted for 71 per cent of the increase, with the rest due to natural increase. **THE CANADIAN PRESS**

Mexican candidate shot dead

Gunmen assassinated the front-running candidate for governor of a Mexican border state yesterday.

President Felipe Calderon called it an attempt by drug gangs to sway local and state elections this weekend.

"We cannot and should not permit crime to impose its will or its perverse rules," he said on TV.

The gunmen ambushed Rodolfo Torre's vehicle as he headed to the airport in Ciudad Victoria, capital of Tamaulipas, a state torn by drug turf wars.

THE ASSOCIATED PRESS

71 The Institutional Revolutionary Party, or PRI — Torre's party — ruled Mexico for 71 years before losing the presidency in 2000.

U.K. Art protest

▶ Activists throw oil to protest BP's arts sponsorship.

DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Queen brings her brolly to Canada

Mother Nature turns on a royal welcome 3,000 people brave the downpour to fete monarch

It rained on the Queen's parade yesterday.

A torrential downpour greeted her and Prince Philip in Halifax as they started a nine-day tour of Canada — but they both braved it royally.

The Queen, dressed in a sand-coloured overcoat, carried a bell-shaped umbrella with a yellow fringe and handle that matched her wide-brimmed hat.

Bernadette Hearns giggled like a schoolgirl moments after she met the Queen.

"It was so wonderful. She's beautiful," the Halifax woman said as the Queen completed a walkabout at the rain-sodden foot of Citadel Hill, the port city's historic British fort.

"She said, 'I hope you didn't get too wet.'"

Hearns was among an estimated 3,000 people who braved the downpour to see the royal couple.

A squad of Mounties in soaked red serge stood at attention to greet them. Gov. Gen. Michaëlle Jean welcomed the Queen as she emerged from her limousine to start her 22nd official visit to Canada.

"Look, it's a once in a lifetime," said Hearns, her hair shielded from the rain by a plastic head scarf.

"You know ... I'm so excited. It's wonderful. We got soaked. But that's OK."

THE CANADIAN PRESS

"Look, it's a once in a lifetime ... It's wonderful. We got soaked. But that's OK."

BERNADETTE HEARNS

ESPIONAGE

U.K. spies told: Avoid torture

The British government has promised to quickly issue its spies a fresh set of guidelines on how to avoid being complicit in torture.

The announcement addresses a legal challenge to the existing guidelines, which human rights group Reprieve says allow British intelligence agents to gather information extracted through torture — even if they aren't directly involved in the mistreatment.

The group had sued the government in an effort to overturn the current rules, claiming there was compelling evidence the U.K. has been "reaping the fruits" of torture since at least 2002.

But the High Court in London ruled the issue is moot as new guidelines are in the works.

In a separate development, New York-based Human Rights Watch says Britain — with France and Germany — needs to push foreign partners harder to make sure they aren't using information taken from mistreated suspects.

"Taking information from torturers is illegal and just plain wrong," said the organization's Judith Sunderland.

THE ASSOCIATED PRESS

ADRIAN WYLD, THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and U.S. President Barack Obama welcome restraint.

G20 leaders cause flap with flip in spending

Beware a repeat of the 1870s and 1930s depressions, economist warns ◐ Deficit reduction policy debated

The morning after leaders of the big economies called for bitter medicine to cure the world's ills, many analysts said the prescription will lead to slower growth and at least one prominent economist said it could trigger a depression.

The alarming analysis came from Nobel laureate Paul Krugman, who argued in the New York Times that by turning on a dime from stimulus to restraint, governments are threatening to turn a recession into a depression.

"We are now, I fear, in the early stages of a third depression," Krugman writes. "Governments are obsessing about inflation when the real threat is deflation."

Even some economists who agreed with the G20 consensus, such as Craig Alexander of TD Bank and Brian Bethune of IHS Global Insight, wondered if countries such as Germany were taking austerity too much to heart. Spooked by Europe's debt crisis, leaders in Toronto, with the possible exception of Japan and the U.S., believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert, not cause, a second financial meltdown. Yesterday, the Bank of International Settlements added another official blessing.

0.1%
That's the amount of April growth (revealed tomorrow) in Canada. Second-quarter growth is expected to be less than half of the 6.1 per cent pace in the first three months.

THE CANADIAN PRESS

Billionaire lets go of Lions Gate

Billionaire activist investor Carl Icahn says he will not extend his offer for Lions Gate Entertainment Corp., worth $7 per share, which expires at the end of the month.

Icahn, who has led a battle to gain majority control of the Canadian-American independent movie company for months, defended the pricing of his offer for the company yesterday. He currently owns about 32 per cent of Lions Gate and wants to gain a stronger hold on the company and replace its board of directors.

Lions Gate said in a statement that "our financial performance is strong, our momentum is growing and our direction is clear." Based in Canada, Lions Gate operates out of Santa Monica, Calif. and is known for high-profile films like the Saw horror franchise and Precious: Based on the Novel Push By Sapphire.

THE ASSOCIATED PRESS

Ringing up Apple sales

Apple Inc. said yesterday it sold more than 1.7 million units of its new iPhone model in the first three days, making it the most successful product launch in the company's history in terms of sales.

The iPhone 4 went on sale Thursday in the U.S.; the device goes on sale in Canada in late July.

Analysts have said Apple is having a hard time procuring enough parts.

THE ASSOCIATED PRESS

UNLIMITED
Calling Across
CANADA
On Your
Cell Phone

UNLIMITED
LOCAL
CALLING
ONLY
$20/MONTH

UNLIMITED
Calling Across
CANADA
ONLY
$25/MONTH

FREE DAYTIME FREE EVENINGS
FREE ALL DAY LONG!

Comwave Unlimited Mobile is an add-on to your existing Mobile plan. Do not cancel your existing provider, Comwave Unlimited Mobile works on ALL Cell Phone providers.

- You must have an active cell phone plan with UNLIMITED Incoming Calls.
- With Comwave you can ADD UNLIMITED OUTGOING Calls.
- Now All your calls will be FREE - ALL DAY LONG!

Limited Time Offer!
30 day FREE TRIAL!

Happy Birthday CANADA!

Comwave is Open on Canada Day July 1st, for your Convenience

604-873-2820
comwave
Terms and conditions may apply. Please see www.comwave.net/mobile for full details.
Unlimited Canada does not include N.W.T, Nunavut or Yukon Territories.

AN OPPORTUNITY TO SPREAD THE WEALTH

She says ...

JESSICA NAPIER

During a recent Saturday morning shopping trip to the market I found myself confronted with an overwhelming array of exotic dips.

Yep, that's right. From roasted red pepper hummus to olive and feta cream cheese, it seems the cracker topping possibilities are endless these days. I lingered at this particular stall for a while; I was attending a housewarming party later that evening and had been given the responsibility for "all things spreadable."

Apparently, while I spent the last couple of years doing the whole graduate school, unpaid internship, backpacking in Europe thing, one of my much more financially responsible friends had found the time and the money to purchase her very own condo.

Although I recently hit a couple of pretty big milestones — signing the lease for a tiny (but beautiful) apartment and landing a full-time job — I can't help but think that I've fallen behind the pack a little. Sometimes it feels like everyone around me is getting promoted, or pre-approved or proposed to, while I'm just happy to be getting health benefits … finally!

"I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?"

During the 20 minutes I spent trying to pick an appropriate housewarming dip, I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?

Soon I'll be moving up into that next age box — you know, the 25-29 range — which is both horrifying and exciting. I'm sad to say goodbye to those hilarious and irresponsible years of my early 20s … but there is something to be said for maturity. Sometimes it's nice to a spend a sunny Saturday morning pondering over patés at the market instead of in bed with a serious hangover and a bass player's phone number written on your arm in eyeliner.

Ultimately, I couldn't bring myself to buy just one type of spread. I decided to waste far too much money and indulge in a variety of hummuses and tapenades and cream cheeses, because those are the silly little luxuries you can afford to overspend on when you don't have a mortgage.

Cartoon

Noteworthy

Haiti's population expected to grow

Haiti's population will continue to grow quickly despite the tremendous loss of life in the January earthquake, according to U.S. Census Bureau estimates released yesterday.

The bureau estimates Haiti's current population at 9.6 million, based on an estimated quake death toll of 230,000. It projects the impoverished country will recover and surpass its pre-quake population level by 2012. By 2050, the bureau says, Haiti will have 13.4 million people.

THE CANADIAN PRESS

metro

VANCOUVER: Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

G8 great value for kids

Letters & Tweets

TORONTO. Canadians are right to question the real value of hosting the G8 and G20 summits. As leader of an organization focused on making the world a better place for children, the value to me is clear.

The opportunity to speak to the most powerful global leaders at one time about the needs of those children is unmatched by any other forum.

For at least a brief moment last week, thousands of journalists told stories of children and mothers living in poverty who need global leaders to address their plight. While we hoped for much more because of this G8, 1.3 million children will survive past their fifth birthday and 64,000 women will survive pregnancy and childbirth. That is something of great value.

DAVE TOYCEN, PRESIDENT AND CEO, WORLD VISION CANADA

EDMONTON. First of all, I love Metro. However, your continued publishing of Lindsay Lohan tweets are not necessary.

If she does something truly amazing, such as cleaning herself and her reputation up, print that.

Most readers will agree that most of her tweets are not tweet-worthy.

Please find some other more interesting celebrity tweets.

DAVE STAWNICHY

G8 leaders

SEAN KILPATRICK/THE CANADIAN PRESS

What do you think of Metro's redesign?

E-mail
vancouverletters@metronews.ca
Twitter
@metrovancouver

Metro has the right to edit letters and comments.

Metro Minute with Dawn Pemberton

Grab your lunch to go today and head to St. Andrew's-Wesley United Church at 1022 Nelson St. for a free noon concert with homegrown gospel and soul singer Dawn Pemberton. Pemberton is a former soloist and assistant director for the Universal Gospel Choir.

The Dawn Pemberton Jazz Quartet's noon performance is part of the TD Vancouver International Jazz Festival, which runs until July 4. The event features more than 1,800 musicians at 400 concerts across the city, including 150 free performances in Gastown, Yaletown and on Granville Island.

For more information, visit coastaljazz.ca.

METRO VANCOUVER

CONTRIBUTED

▶ Dawn Pemberton

Release of Eclipse coincides with lunar eclipse **Tours offer fans first-hand look at the locations where Edward and Bella embarked on Twi-adventure**

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Twilight star Robert Pattinson poses with fans at the premiere of The Twilight Saga: Eclipse in Los Angeles

Fans in frenzy over Twilight

LINA TOYODA
SCENE@METRONEWS.CA

Twihards, Twilight moms and fanpire friend are all part of the Twilight lexicon among the legion of fans for the hugely popular vampire saga of teen romance and divided loyalties.

The countdown is on for Eclipse, and twilighters are rustling with anticipation for the third installment to hit theatres tomorrow.

Like a cosmic coincidence, the release of Eclipse has lined up with a lunar eclipse.

"From what I've seen with the previews and trailers, this movie looks like it's been taken to a whole new level."
MICHELLE PAN

Summit Entertainment, working with Canada's E1 entertainment, took this opportunity to stage a free fan event and a multi-city open air screening of New Moon on Saturday night.

"The fans of the series have just been so unwavering in their support and they're so loyal," said Charlene Coy, director of publicity at E1. The event was held in Vancouver and Toronto alongside major U.S. cities, and fans celebrated by dressing up and getting adorned as vampires at a "sparkle station."

"The Twilight Saga seems to have all the ingredients to concoct a perfect fantasy of everlasting love for an ordinary and, well, the "plain Jane" kind of girl, says 17-year-old Michelle Pan, creator of bellaandedward.com, one of the most well-known fan sites in the U.S.

"Most of the fan base is teenaged girls," says Pan. "I would say like 99 per cent are all female with the occasional guy who's a fan of Twilight but there aren't very many."

Pan who lives in Austin, Texas, could be called an expert fan, and has been invited to all of the Hollywood premieres of the Twilight series and recently penned the book Bella Should Have Dumped Edward.

"Some of the fans, they are so dedicated, they sleep in a tent outside in the middle of Los Angeles for four days straight to see these actors and actresses. That's hardcore dedication right there," she laughs.

Convention, set tours bring story close to fans

Some discussions among fans in Michelle Pan's book, Bella Should Have Dumped Edward, include: Is Bella an independent girl or is she a blank canvas that needs to rely on a man? And, Should Bella have ended up with Edward or Jacob?

The Official Twilight Convention 2010 by Creation Entertainment has one Canadian date on its tour to Aug. 1 in Toronto.

In Vancouver, Twilight set tours offer fans a first-hand look at the real locations where Edward and Bella embarked on their Twi-adventures, and a chance to hear some insider tales of where the young actors hang out while shooting in town. Go to vancouversettours.com for more info. ● LINA TOYODA

SUBMITTED PHOTO

▶ Michelle Pan

Petition calls for Twi-events

The Official Twilight Fan Club on Facebook has over 76,000 members.

In an effort to bring more Twi-tours and events to Canada, a group called "Twi-Can Petition: Bring Twilight to Canada!" currently has over 2,300 members who don't want Canada to miss out on the Twi-parade. ● LINA TOYODA

2 scene

News in brief

1 Vince Neil of Motley Crue charged with drunk driving in Vegas. ● METRO

2 Secret tapes say Oprah was contender for Senate seat. ● METRO

3 Twilight author Stephenie Meyer scores another hit with The Short Second Life of Bree Tanner: an Eclipse Novella. ● METRO

Reason to switch #267:

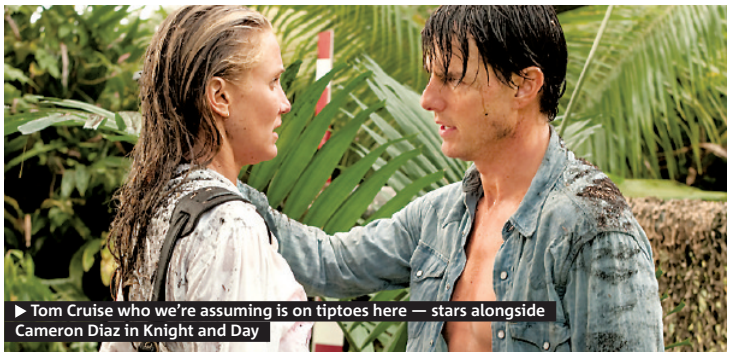
My BlackBerry is with me wherever I go. And now I can bank wherever I am.

DOWNLOAD YOUR FREE APP NOW.

TD is the first to have a mobile app across three platforms, BlackBerry® smartphone, iPhone and Android™.
Visit www.tdcanadatrust.com/app

TD

BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.



▶ Tom Cruise who we're assuming is on tiptoes here — stars alongside Cameron Diaz in Knight and Day

Get it, SHORTIES!

In honour of Knight and Day, we look at other films where vertically challenged guys have landed statuesque leading ladies ◐ Tom Cruise, you're a pro

MONICA WEYMOUTH METRO WORLD NEWS

Who/Where		Why it worked
▶ The couple: **Tom Cruise (5'7") and Kelly McGillis (5'10")** ▶ The film: **Top Gun (1986)**		Not only does Tom Cruise seem to wear generously heeled shoes, but he goes by Maverick in this one — can't nobody hold him down.
▶ The couple: **Ethan Hawke (5'10") and Uma Thurman (6'0")** ▶ The film: **Gattaca (1997)**		Ethan Hawke is, well, Ethan Hawke — plus he bought Jude Law's DNA in this sci-fi flick. The costars married after the film (although later divorced).
▶ The couple: **Ben Stiller (5'6") and Cameron Diaz (5'9")** ▶ The film: **There's Something About Mary (1998)**		The three inches between them only adds to the "why is this supermodel talking to Ben Stiller in braces?" dynamic.
▶ The couple: **Tom Cruise and Nicole Kidman (5'11")** ▶ The film: **Eyes Wide Shut (1999)**		These two were married. And in 2006, Cruise walked down the aisle with another who would tower over him in red carpet heels — Katie Holmes, 5'9".
▶ The couple: **Ben Stiller and Jenna Elfman (5'10")** ▶ The film: **Keeping the Faith (2000)**		It's a weird duo, for sure — but in the end, we think Stiller's rabbi is a more-likely, less-creepy match than Edward Norton's priest.

SOURCE: IMDB.COM | PHOTOS: GETTY IMAGES

When Cruise was Hollywood king

Before all the couch-jumping, Tom Cruise was Hollywood's true Top Gun ◐ A look at his 5 best films

THE ASSOCIATED PRESS

▶ Tom Cruise has been nominated for an Oscar three times.

Before all the creepy laughter in leaked Scientology videos, before public spats with Matt Lauer and Brooke Shields, Tom Cruise wasn't just THE A-lister among all Hollywood A-listers, he was also an actor who could really act.

In recent years, his off-screen antics have overshadowed his on-screen talent, but this may change with his newest turn in the action film Knight and Day.

With that in mind, let's take a look at a few of his strongest roles:

Magnolia (1999)
Pretty much universally recognized as his best work ever, it earned him the third of his three Oscar nominations. As cocky self-help speaker Frank T. J. Mackey, Cruise electrified Paul Thomas Anderson's opus about intertwined lives — and falling frogs — over one day in Los Angeles. He was totally commanding in his arrogance on stage, yet also laid himself bare watching the death of his father (Jason Robards) and struggling with the conflicting emotions it stirred.

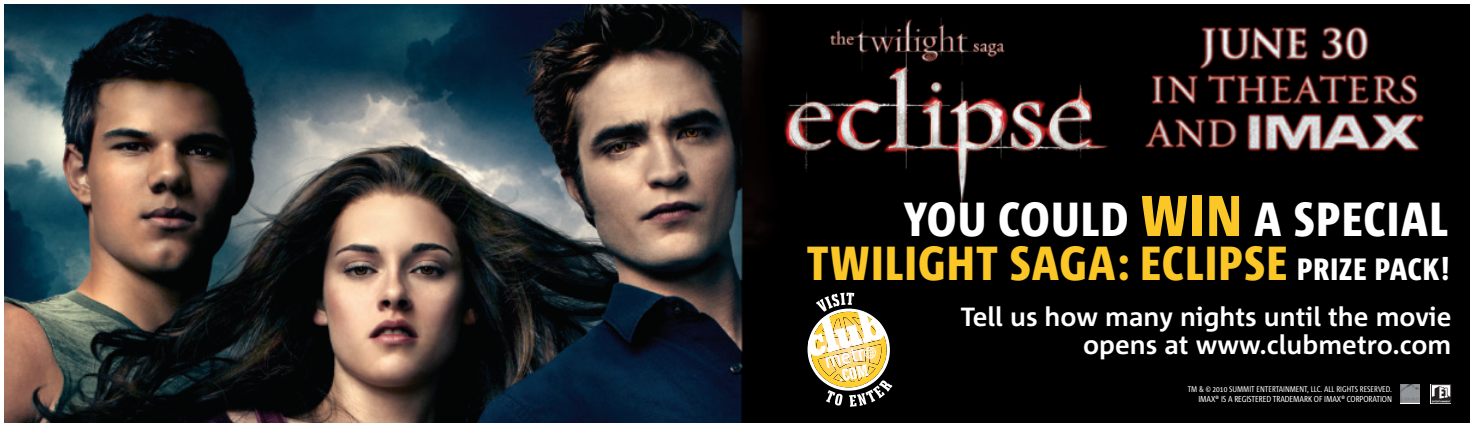
Jerry Maguire (1996)
OK, so maybe the "You complete me" scene is more than a little cheesy in retrospect. Still, his performance as a sports agent trying to rebuild his career and his personal life allowed him to show the full range of highs and lows within him.

Born on the Fourth of July (1989)
Here's where Cruise showed his ability to dig deep, and do more than just charm us by flashing that sexy smile of his and working his high-energy, verbal magic. (This was his first Oscar nomination for best actor.)

Minority Report (2002)
Sure, the visuals and the bold ideas are what you probably remember from Steven Spielberg's darkly thrilling sci-fi drama, based on the short story by Philip K. Dick. But Cruise is at the centre, holding it all together confidently as the straight man in a fantastic, futuristic world, even as his detective character, John Anderton, goes on the run for a crime he hasn't yet committed. Delivering a rare understated performance really works for him here.

Risky Business (1983)
Of course, the movie that made him a star in the first place. In retrospect, it's a classic Tom Cruise role, the prototype: a young guy who has it all and thinks he has all the answers, only to experience a comeuppance.

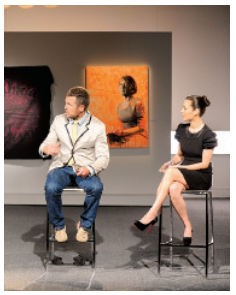
THE ASSOCIATED PRESS



This summer, stay inside

Why risk sunburn and a sandy butt when there are a bunch of new series to keep you entertained? Freshman shows to watch until your fall favourites return

AMBER RAY METRO WORLD NEWS



If you miss ...
Project Runway
Watch ...
Work of Art
Who's cattier than fashion designers competing against each other on a career-defining TV show? Artists competing against each other on a career-defining TV show.
Airs Wednesdays

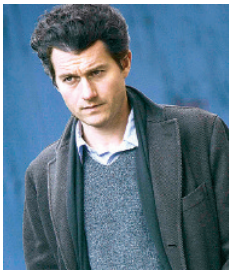
If you miss ...
The Vampire Diaries
Watch ...
The Gates
For people who like a little bite to their soapy dramas, the neighbours in this posh gated community happen to be vampires.
Airs Sundays

If you miss ...
Justified
Watch ...
Memphis Beat
Jason Lee plays a Southern-fried detective who spends his nights as an Elvis impersonator, which is probably a better hobby than the whiskey-soaked Raylan Givens' proclivity toward shooting everyone. **Premieres June 22**

PHOTOS COURTESY OF ABC/FX/SYFY/TNT/SHOWTIME/NBC/BRAVO

If you miss ...
Gossip Girl
Watch...
Pretty Little Liars
Secrets? Serena van der Woodsen's got nothing on these cliquey ladies, who begin receiving mysterious messages from their supposedly dead bestie.
Airs Thursdays

If you miss ...
CSI: Miami
Watch ...
The Glades
Jim Longworth, a former Chicago homicide detective, moves to Florida for the golf and a pretty girl. Some psycho likes the pretty girls (and guys) dead, which puts Jim back on the job. **Premieres July 13**



If you miss ...
24
Watch ...
Rubicon
Code-cracker Will Travers gets caught up in a terrifying conspiracy, but at least he has more than 24 hours to try to figure it out. **Premieres August 1**

If you miss ...
Breaking Bad
Watch ...
The Big C
A control-freak high school teacher (Laura Linney) is diagnosed with terminal cancer and redefines her life. She keeps the information from loved ones — but at least she's not cooking meth. **Premieres August 16**

If you miss ... Southland
Watch ... Rookie Blue
Missy Peregrym (Reaper, Heroes) leads a cast of five rookie cops getting a crash course on what it takes to be among the city's finest.
Premieres June 24

If you miss ... Curb Your Enthusiasm
Watch ... Louie
Like your comedians cranky and down on their luck? Louis CK's stand-up-inspired sitcom is the stuff of (hilarious) nightmares.
Premieres June 29

10 Full Time Positions Available
Average $600-$1000/week
10 F/T positions
Opportunity for rapid growth and advancement.
No experience. Training provided.
Call for an interview
604-451-4466
summittenergy.ca

Reason to switch #268:

My life is on my iPhone.
And now my bank is too.

DOWNLOAD YOUR FREE APP NOW.

TD is the first to have a mobile app across three platforms, iPhone, BlackBerry® smartphone and Android™.
Visit www.tdcanadatrust.com/app

TD

BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.

Tell us what you are recording @vancouvermetro

PVRTweets

@BreeErhardt So You Think You Can Dance :)
@devongoodsell Toddlers and Tiaras.
@steveoby has to be watching England lose to Germany, I will be watching that one daily for a while now….
@esheinberg The Hangover..I've seen it a bazillion times but still can't bring myself to delete it!
@maryselalonde Lie to me is back for the summer!

TELUS
Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv

Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] In Athens, on vacation. Hiked up to the Acropolis. Saw the Parthenon. Blown away. So much more authentic than the one in Nashville...

Chris Brown [@chrisbrown] i got dat new iphone..... but mine has a gold twist to it..

Michael Ian Black [@michaelianblack] This humidity obviously wants me dead

METRO NEWS SERVICES

Talking points

Lohan hawks new TV show

COMING SOON TO THE DELUSIONAL CHANNEL Dina Lohan has a new reality TV project for any interested networks, and to sweeten the deal she's promising appearances by Lindsay Lohan, according to Page Six. "We have already started filming. The cameras follow us in our daily lives and as we promote our businesses," Dina says. "I want to prove that we are a good, hardworking family and we don't have the crazy lives that some people claim we do."
METRO WORLD NEWS

ENTER TO WIN A PRIZE PACK...
Popsicle 2010 SOCCER CLUB
full of soccer gear that is perfect for a backyard soccer game and worth over $100!
With the World Cup underway, it's the perfect time to bring the soccer excitement home. The prize pack is provided by Popsicle in support of their **Popsicle Soccer Club**, which is **sponsoring over 20,000** Canadian under-10 soccer players from coast-to-coast.
Check out popsicle.ca for more information

club metro VISIT CLUBMETRO.COM FOR YOUR CHANCE TO WIN

Gibson's lawyers strike back at ex

Abuse allegations by ex-girlfriend Oksana Grigorieva are slammed by the actor's expensive legal counsel

GETTY IMAGES

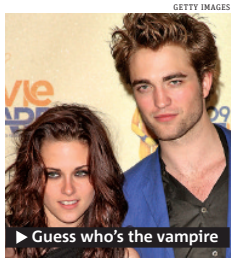
Back when their baby had a chance at a therapy-free life

Mel Gibson's lawyer is striking back at allegations by Oksana Grigorieva that he physically assaulted her during an argument, according to Hollyscoop. "Mel was hopeful their breakup was behind them and Lucia would be the beneficiary of co-operative parenting," says Stephen Kolodny, who insists Grigorieva is making the claims in order to win better access to the couple's eight-month-old daughter. "Apparently Lucia will be denied that good fortune. Making sensational allegations is not the way to resolve this. Mel wants a custody settlement or a resolution in court, not the media."

Grigorieva's accusations come months after the Russian pianist spread cryptic messages about the reasons behind the couple's split. While the Aussie-reared actor has remained silent up to now, sources say Gibson has been forced to fight back in the media for fear of losing his reputation and custody of his daughter.

On June 25, Gibson filed for a restraining order against Grigorieva, 40, in the Los Angeles Superior Court. Radar Online reports that the case is sealed, meaning the documents cannot be released to the public.
METRO WORLD NEWS

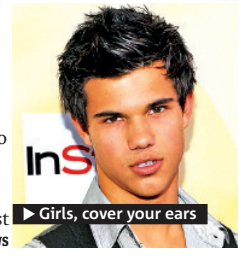
GETTY IMAGES


Guess who's the vampire

Twilight stars engage in some post-mortem PDA ...

Twilight co-stars Kristen Stewart and Robert Pattinson have been coy when it comes to any possible off-screen romance, but the pair reportedly couldn't keep their hands off each other after the premiere of the series' latest film, Eclipse, in Los Angeles. "They were kissing, nuzzling, holding hands and embracing," a source tells E! News. The pair were spotted hitting a rooftop bar at the film's after-party.
METRO WORLD NEWS

GETTY IMAGES

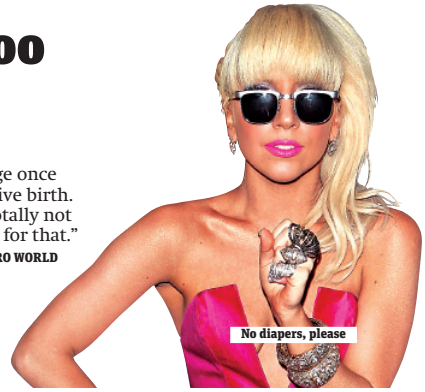

Girls, cover your ears

... While werewolf Jacob prefers to howl (off-key) at the moon

Don't expect to see Taylor Lautner breaking into song anytime soon, as the Twilight star admits he's basically tone deaf. He also says he's a huge fan of American Idol, and thinks the two might be related. "I can't sing, and that's the funny thing. Maybe that's why I like watching it so much. I know there's no way I can do that," he says. "American Idol would definitely be number one for me. I haven't missed an episode in eight or nine years. I can't believe I just said that."
METRO WORLD NEWS

No goo goo for Gaga

Lady Gaga has no plans to pursue motherhood — at least not now. "I'm terrified of babies," she tells Rolling Stone magazine. "I think, creatively, as a woman, you change once you give birth. I'm totally not ready for that."
METRO WORLD NEWS


No diapers, please

Davis: U.S.A. has gender role to play

GIRL POWER Actress Geena Davis says Americans have "a particular responsibility even beyond our borders" to think about how women and girls are portrayed in film and television.
THE ASSOCIATED PRESS

Racquet love

Want the shoulders of a swimmer, the endurance of a marathoner and the power of a sprinter? Tennis pro and Crunch gym fitness instructor Akin Akman talks us through the game — and full body workout.

ROMINA McGUINNESS
METRO WORLD NEWS

GETTY IMAGES

▶ Rafael Nadal of Spain won this month's French Open.

Shoulders

"Strong shoulders create a more powerful swing, helping you hit the ball across the net with more power. To improve shoulder strength and reflexes, practise throwing and catching a medicine ball with a partner."

Arms

"Having strong, toned arms helps increase the speed and power with which you hit the ball but the key is really down to your core strength. It's an upward ripple as the movement stems from the core, then the twisting and hip rotation, extending out to the arm."

Core

"The body's powerhouse when playing tennis is your core. Your hip movement along with your abdominal muscles are crucial in enabling the rest of the body to respond correctly. Your hips help you twist and having strong abs will help hold the body more centered."

Legs

"To remain close to the center of gravity, the game requires you to remain low, forcing you to adopt a natural squat-like position that is great for toning and shaping your legs. Running after the ball cross the court requires short burst runs similar to circuit training. The result is a fantastic cardio workout that helps you build lean muscle."

What brings it all together?

Flexibility: Flexibility helps, as tennis requires a lot of twisting from the hips. It's not a sport that will make you become more flexible, but maintaining supple muscles with plenty of stretching off-court will help prevent injuries and improve movement.
Gravity: Tennis players remain in a lowered position in order to hold a center of gravity. Staying low and closer to the ground helps them to absorb the shock of the ball coming in at high speed and to then have the power to hit it back.

Coordination: Good coordination is what brings and holds the game together, a bit like the strings on a racket. It determines the footwork and ability to hit the ball from different angles.
Agility: The constant running from one part of the court to another and chasing after the ball requires a lot of agility, jumps and quickness of step.

3 life

Top 5

Sports to enhance your on-court performance:

1. **Running:** Long distance ruing helps build endurance. This is necessary as tennis games can sometimes go on for hours.
2. **Weights:** Lightweight training will help tone the arms.
3. **Yoga:** Helps the body relax and is one of the best exercises for stretching your muscles.
4. **Swimming:** works the lat ('latissimus dorsi', the large flat muscle on your trunk, posterior to the arm) muscle.
5. **Sprinting:** Doing short, fast sprints will train you to get to the ball quickly.

Reason to switch #269:

Now I can check my accounts on my Android™.

DOWNLOAD YOUR FREE APP NOW.

TD is the first to have a mobile app across three platforms, Android™, BlackBerry® smartphone and iPhone.
Visit www.tdcanadatrust.com/app

TD

BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.

No sweat, it's the pits

Scared to raise your arms on those hot summer days? From Botox to oral medications and deodorants, there are plenty of ways to keep you dry

CELIA MILNE
WELLNESS@METRONEWS.CA

Once or twice a year, Zoe Dredge has her armpits Botoxed. It sounds odd, but Botox is catching on as a treatment for hyperhidrosis — or excessive sweating. Dredge has had the condition since puberty.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant."
ZOE DREDGE

Hyperhidrosis

For more information on hyperhidrosis, go to sweatmanagement.ca

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant," she says.

Dredge, who grew up in Brisbane, Australia, learned to wear lightweight, breathable fabrics. She wasn't comfortable at dances, putting her hand up in class or giving an over-arm hug. She always thought her sweatiness was related to the heat of her home country.

But when she moved to often-chilly Toronto in 2007 and still had year-round "sweaty pits," she knew something was up. "When your body's fighting to remain warm and you're still sweating buckets, it makes you really aware that something is not right," she said.

Excessive sweating can be an embarrassing problem

Finally a friend suggested Botox. "I went for it," says Dredge, who is a bartender. The treatment was over within 15 minutes and it took full effect within two weeks. "I couldn't believe it. I still can't believe it," she says. "It's like a dream." She is re-training herself not to worry about what she wears. "I often catch myself having little blissfully care-free moments." She'll get it done again in seven to 12 months.

Other treatments for hyperhidrosis include antiperspirants containing aluminum chloride, oral medications, low-intensity electric current and surgery.

JONES NEW YORK
FACTORY STORE

Celebrate Summer Sale!

Additional 40%* off
already reduced prices on our latest summer fashions.

SALE ON NOW!

*Selection may vary by store. Some exceptions may apply.

only at JONES NEW YORK FACTORY STORE
Port Coquitlam 604.461.5200
New Westminster 604.522.9991
Richmond 604.278.1503

Keeping those whites, white

If you have excessive sweating, you can still wear white tops, but replenish your supply more often.

"Once white tops become stained it is time to let them go," says Toronto image consultant Kelly Millar. "They should always look crisp and fresh."

For fabric, Millar suggests keeping cool with natural fabrics such as cotton and linen. Avoid clingy fabrics like jersey and especially synthetic fabrics like polyester or blends that won't breathe. Silk also tends to show sweat marks.

"Once white tops become stained it is time to let them go."
KELLY MILLAR

CELIA MILNE

Obsessing over a non problem

Some people smell and don't know it. But a more serious problem is thinking that you smell when you don't. People who are preoccupied with concerns about body odour have what's called olfactory reference syndrome.

This disorder, which is so serious that 68 per cent of sufferers contemplate suicide, was discussed at the recent annual meeting of the American Psychiatric Association in New Orleans.

CELIA MILNE

From the ashes

Speaking of armpits, here's a new deodorant from The Body Shop. DeoDry.

It contains drying qualities of volcanic mineral in the form of an ultra-fine powder. It's that powder that provides the water absorption action. DeoDry does not contain parabens and pore-clogging ingredients found in many deodorants. Comes in three kinds: Cool and Zesty, Chilled and Breezy, Fresh and Floral.

CELIA MILNE

Find a key in a Caramilk* bar for your chance to unlock

THE CARAMILK SECRET*

and $250,000†

caramilk.ca

†No purchase necessary. Contest closes 08/22/10. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,370) and (2) a yearly supply of Caramilk* bars (365) for 25 years OR cheque for $9,946.25 (ARV $9,946.25). Odds no less than 1 in 1,497,600. Finalist has 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267.
*Trademark of Cadbury UK Limited, used under license.

Liquid Assets

Canada: Give rosé a chance!

Do real men drink pink? I say yes, and so do real women.

Problem is too many of you aren't getting the message. While rosés — those wines that get their blushy hue from either limited red skin contact with the juice or by combining red and white wines together — are the toast of the town in just about every other civilized nation; here in Canada they're about as popular as Lindsay Lohan at an Amish barn raising.

Now that summer has finally arrived wine shops across Canada will be trying to get you on the rosé bandwagon with a selection of new pinkies. Think hard about making the leap. Modern versions balance their fruit and acidity with the grace of a member of Cirque du Soleil and pair amazingly well with barbecue sauces and seasonal dishes when served ice cold.

While good rosé can be made anywhere, Australia, Chile, Argentina and southern France are great places from which to fill your glass. Same goes for Spain where wines like the bright and refreshing Chivite 2008 Gran Feudo Rosado ($11.95 - $14.99) can start out all ripe cherry and raspberry but end with a crisp, palate-cleansing finish.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

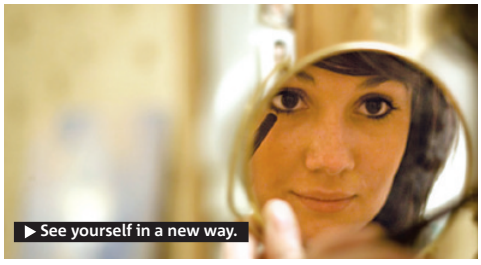
Build a 'Fierce' body image

▶ You too can work it like Beyoncé.

▶ Wish you had the guts to get into lacy skimpy wear like Lady Gaga or the explosiveness of Beyoncé's alter ego Sasha Fierce? ▶ Nutritionist Marisa Peer tells us that getting the body we want starts with listening to what that body is telling us — and that calls for self-confidence.

ROMINA McGUINNESS
METRO WORLD NEWS

FLICKRCC MICHAEL MELROSE



▶ See yourself in a new way.

Fries with that salad?

Most people struggle to refuse food in the company of others and saying no to poutine isn't as easy as it seems.

"Being fussy about food is often interpreted as arrogance. Humans connect by being the same and anything that makes you feel different makes you feel insecure. Ordering salad during a working lunch can make people feel uneasy because they aren't eating what everyone else is," explains nutritionist Marisa Peer, who also puts this lack of confidence down to our fear of being different.

"Look around you. Most people you see will have been on a diet — so why should you feel undermined by your decisions?"

You need confidence, both physical and mental, to change your eating habits.

"Losing weight and becoming more physically active will make you feel and look better. When you feel good and are happy with the way you look, you will automatically gain confidence.

From there it's about turning it into a way of life.

But you have to talk yourself thin: "In order to maintain this newfound confidence you must keep talking to yourself. Think of it as bio-feedback. Your body wants to look good so you make healthier choices but then you must train your mind to resist temptation. The mind responds to emotion, being automatically drawn towards pleasure and away from pain. If you're depressed, it'll send signals to make you reach for the nearest doughnut, associating this with childhood memories of comfort and pleasure."

Resisting the urge to reach for cake requires motivation and desire, whether this is the desire to feel good or fit into a pair of skinny jeans. Setting yourself realistic goals will make the desire to eat unhealthily go away.

"Ongoing communication with the mind and body is essential. Building up the confidence to listen to what your body — not your mind— wants is key. Once you achieve that point it's unlikely you'll reach for that chocolate anytime soon," promises Peer.

Analysis

CONFESSIONS OF A DIET JUNKIE

ANNA RICHARDSON

CONTRIBUTED

The author of the Body Blitz Diet talks to Metro about her life as a serial dieter.

"I'm an ordinary women. Overeating is always going to be attached to my emotions, its psychological. Addressing my issues changed how I felt about myself. I finally understood why I struggled with my emotions and why I overate. It's incredibly easy to be deluded by your reflection in the mirror.

When I was a size 14-16, I thought I looked great and in my head I was size 10-12. The hardest is overcoming the hurdles and facing reality. Weight issues and a negative body image are often linked to deep-seated emotional issues.

"It's incredibly easy be deluded by your reflection in the mirror. ... The hardest is overcoming the hurdles. "

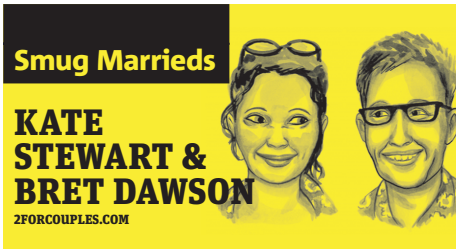
Most people look for a quick fix, pain-free solution to lose weight. It's not that easy, there's more to it than a calorific sum. It's not what you eat, but what's eating you.

For years I tried to fill some gap, probably linked to my relationship with my father. Today, I no longer want to plug this gag and I've found a way of managing my emotions."

Find a key in a Caramilk* bar for your chance to unlock
THE CARAMILK SECRET
and $250,000†

caramilk.ca

†No purchase necessary. Contest closes 08/22/10. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,370) and (2) a yearly supply of Caramilk* bars (365) for 25 years OR cheque for $9,946.25 (ARV $9,946.25). Odds no less than 1 in 1,497,600. Finalist has 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. *Trademark of Cadbury UK Limited, used under license.



STANDING UP TO THE IN-LAWS

I am no longer comfortable spending time with my common law's family because they always make backhanded compliments. I've tried talking to him about this, but he thinks I'm acting like a spoiled brat. He says that if I feel insulted, I'm a big girl and should stick up for myself. I feel that because it's his family, he should be sticking up for me. What should I do?

Kate says...
Yes, you are both right. If his family is treating you with disrespect, you have a duty to yourself to insist that they do not. Show them that you are not a person who accepts that kind of juvenile nonsense. Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with.

This is harder to do if you've already allowed the pattern of rude behaviour you describe to become established in your relationship with them. You might have to (once, and only once) open a great big can of whup-ass to set the record straight. Once that's done, you'll have to play by your own rules and insist, firmly and politely, that they don't take petty swipes at you. Also, what's with your partner? You are not making an unreasonable request that he defend you in front of his family. The two of you need to make a stop-picking-on-my-girlfriend pact.

Bret says...
The other possibility is that you are hateful or boring or off-putting in some way, and your in-laws are just responding like any sane and reasonable person would, and your common law is hiding the truth from you. Here are three quick questions to ask yourself. And be honest. 1) Do you baby talk to grown-ups? 2) Are you kind of a downer to be around? 3) Does your breath stink? You're welcome.

Can I still go out with the girls as much once I get hitched?

Kate says...
If you've pinpointed going out with your girlfriends as a possible problem, is it because it's a problem now? In that case you should come to an arrangement with your partner, because any problems you have now won't disappear in a sprinkling of pixie dust when you walk down the aisle.

Or are you assuming it will become a problem once you're married? In that case you should take a look at your expectations for marriage. Throwing a wedding isn't going to change the way the two of you relate to each other.

" Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with."

Bret says...
I suspect that "the girls" aren't really girls, and that you're actually a guy who likes his hockey with many pitchers of macrobrew and many 60-inch plasma screens and many platters of wings and especially many other men. That's okay. You don't have to give that up. But you are a loser for fudging your gender in your question. Admit your love for man evenings!

RBC Royal Bank®

Save hundreds of dollars.

Fly thousands of miles.

You could save hundreds of dollars a year‡ with an all-inclusive banking solution.

Switch to **RBC VIP Banking®** and get all these great features:

- Unlimited debit transactions and non-RBC® ATM uses in Canada and the U.S.[1]
- Overdraft protection[2], free cheques, and bank drafts
- Annual fee waived on your RBC® Visa Infinite* Avion® card
- Exclusive travel privileges and more!

Switch to RBC VIP Banking and get an RBC Visa Infinite Avion card and fly to almost anywhere in Canada or the U.S. – a value of up to $750!†

Switch and watch the welcome rewards add up!

RBC VIP Banking
WITH QUALIFYING CRITERIA
15,000
BONUS POINTS

RBC Visa Infinite Avion card
ANNUAL FEE WAIVED WITH RBC VIP BANKING
+ 15,000
BONUS POINTS

Switch banks seamlessly with CustomSwitch®
+ 5,000
BONUS POINTS

Add a companion RBC High Interest eSavings® account
+ 2,500
BONUS POINTS[3]

= 37,500
RBC REWARDS POINTS

Switch to RBC VIP Banking today!
Visit rbc.com/getmore
Call 1-866-335-4055

Advice you can bank on™

† To get a flight to almost anywhere in Canada or the U.S., you will need a total of 35,000 RBC Rewards points. You will receive 15,000 RBC Rewards points when you open an RBC VIP Banking account by August 31, 2010 and fulfill all the other qualifying criteria by September 30, 2010 as indicated in the full terms and conditions available at www.rbc.com/bankbetter/terms. You will receive an additional 5,000 RBC Rewards points if you use our CustomSwitch service to close your Canadian dollar personal banking account with another Canadian financial institution and transfer the balance of such account to your new RBC VIP Banking account by September 30, 2010. Plus, if you apply and get approved for an RBC Visa Infinite Avion card by August 31, 2010, you will receive an additional 15,000 RBC Rewards points. This offer may not be combined or used in conjunction with any other offer. Avion Air Travel Rewards redemptions from the Avion Air Travel Redemption Schedule start at 35,000 points for a round trip long-haul flight in economy class anywhere in Canada or the United States, exclusive of Hawaii or Alaska, with a maximum ticket price of $750. All applicable taxes, service fees and surcharges are the responsibility of the traveller. For more details, including guidelines on redeeming for business class seats, visit www.rbcroyalbank.com/cards/rbcrewards/avion_booking. For general redemption terms, conditions and restrictions applicable to the RBC Rewards program, please visit: www.rbcrewards.com. ‡ Savings are based on a comparison of the cost of banking service fees for a typical account holder with an RBC Day to Day Banking account versus an RBC VIP Banking account. Please visit www.rbc.com/getmore for full details on how these savings have been calculated. [1] ATM operator surcharge (also called convenience fee) may apply. [2] No monthly fee. Interest charges apply if used. [3] Applicable only to new accounts. ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. * Registered trademarks of Visa International Service Association. Used under license.

IS FINANCIAL FREEDOM IN YOUR FUTURE?

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the age of consumption it almost seems blasphemous to not want to spend. That's why we've found ways you can be frugal while still having some fun.

I furnished my entire house for less than $3,500; and it's been featured in Canadian home buying articles for its classiness and style. Rather than spending a small fortune on brand new furniture, I hit up eBay, Craigslist, auctions, garage, estate and going-out-of-business sales. I scored my dining-room table for $50, TV stand for $8, stove for $60, bedroom set for $600 and gorgeous couches for $500. Most items were unused and still in their original wrapping.

You can still be frugal without haggling store clerks or sacrificing your image.

I have nice outfits, a spacious house, a cool car, and I take a sweet vacation each year.

But, I never pay full price for anything.

Savvy spending saves me time and money because I know when, where and how to shop.

The best time to shop is when there are sales; so sign up for email notifications and watch for red or yellow clearance signs.

Last minute travel deals, for example, are advertised on websites and by spam email.

If what you want isn't marked down, ask for a discount — yes, this actually works, especially when you're paying in cash.

"Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence"

The best places to shop are those where you can buy on-sale high quality goods.

Many reputable auction houses, for example, offer superior products at bargain prices like cars, furniture and art.

Using discretion, avoid products that have a reputation for shoddy workmanship; they'll break and likely cost you more in the long run.

The best way to shop is to first determine whether you actually need the product or just want it.

If you don't need it, don't buy it; no matter how good the sale is.

Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence.

A good deal you can't afford is never a good deal.

But, if you're primed for a purchase, try paring down (choose the iPod Shuffle vs. the Nano) or buy "used" through reputable online websites.

For regular household items, buy in bulk or shop in stores with concrete floors. Last, sign up for loyalty programs so you can collect points — everyone loves freebies!

The more you save, the bigger your net worth grows, getting you closer to financial freedom — and that's a future you really want to afford.

Lesley Scorgie is the bestselling author of Rich by Thirty: A Young Adult's Guide To Financial Success and Rich by Forty.

Interest rates/ Savings accounts

BANK	RATE
BMO	0.70%
CIBC	0.70%
HSBC	0.65%
ING	0.75%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Be wary of gift cards

Gift cards are a convenient, affordable way to give gifts to friends and family yet they can have certain limitations that may not always be obvious at the point of sale.

Ask the salesperson if the card has an expiry date or any other limitations such as only being applicable to regularly priced items. Rules about gift cards vary; you can check the policy in your area by visting ConsumerInformation.ca.

NEWS CANADA

FLIGHT CENTRE® Unbeatable

Airfares

London from $349 + taxes & fees $474

Toronto	one-way from $219 + taxes & fees $77
Los Angeles	from $218 + taxes & fees $112
San Francisco	from $278 + taxes & fees $112
Halifax	one-way from $279 + taxes & fees $93
Frankfurt	from $399 + taxes & fees $326
New York	from $428 + taxes & fees $134
Honolulu	from $429 + taxes & fees $113
Paris	from $478 + taxes & fees $427
Munich	from $499 + taxes & fees $316
Lima	from $789 + taxes & fees $235
Sydney	from $899 + taxes & fees $335
Bangkok	from $998 + taxes & fees $450

Canada Vacations

Whistler Family Special 2 Nights from $79◊‡ taxes & fees included
INCLUDES 2 nights weekend accom in the heart of the Whistler Village. ADD Zip trek from $54.

Sunshine Coast Family Special 2 Nights 4-Star from $169◊‡ taxes & fees included
INCLUDES 2 night accom in a 2 bedroom villa complete with full kitchen, patio and BBQ.

Osoyoos 2-Nights from $229‡ taxes & fees included
INCLUDES boutique-style accom close to Osoyoos Lake with breakfast and parking.

Cruise Vacations

Western Caribbean 7-Night Cruise from $359^ + taxes & fees $78
CRUISE roundtrip Miami and visit Grand Cayman, Roatan, Belize City & Cozumel.

San Francisco & Las Vegas Air + 4 Nights + 2-Night Cruise from $749 + taxes & fees $113
INCLUDES all air, cruise, 2 nights San Francisco accom and 2 nights Las Vegas accom. CRUISE from Vancouver to San Francisco.

WIN $10,000Ω **Dream Vacation**
Book any trip with Flight Centre before June 30th and be entered to WIN!Ω

USA Vacations

Anaheim Family Special Air + 3 Nights from $299◊ + taxes & fees $113
INCLUDES accom near *Disneyland* Resort. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $197.

Las Vegas Air + 3 Nights 4-Star + Cirque du Soleil from $349 + taxes & fees $132
INCLUDES accom on the Strip and tickets to a Cirque du Soleil show.

Honolulu Air + 7 Nights from $679 + taxes & fees $115
INCLUDES Waikiki accom. ADD Surf School group lesson for $89.

Vacations

Paris Air + 7 Nights from $779 + taxes & fees $428
INCLUDES transfers and accom near the Metro. BONUS one hour cruise on the Seine included.

Amsterdam Air + First 2 Nights from $629 + taxes & fees $370
INCLUDES central accom with breakfast.

Frankfurt & Munich Air + Rail from $739 + taxes & fees $325
INCLUDES 3-day Germany Eurail twin pass to explore Germany at your pace.

London Air + 7 Nights from $899 + taxes & fees $475
INCLUDES central accom with breakfast.

Scotland Golf Air + 6 Nights + Golf from $1549 + taxes & fees $478
INCLUDES transfers, 4-star Glasgow accom with breakfast & dinner and 1 round of golf daily.

India 14-Day Tour from $1949 taxes & fees included
HIGHLIGHTS Old Delhi walking tour, Safari in Ranthambore National Park, Sunrise and sunset River Ganges boat ride, Taj Mahal, Red Fort, Fatehpur Sikri, Hawa Mahal, City Palace & Amber Palace.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

1 866 502 3887 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/HST and fuel supplements and are approximate and subject to change. ΩConditions apply. Contest ends June 30, 2010. No purchase necessary. Full contest rules available at www.flightcentre.ca/dreamvacation. ◊Family Special price is per person for quad occupancy (2 adults & 2 children ages 2-17). ‡Hotel only prices are per person based on double occupancy for total length of stay. ^Price in US$. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790

Brazil soars over Chile

Three different players score for Brazil as Chile becomes South America's first casualty ◐ Win sets up a date with the Dutch in the quarters

MICHAEL STEELE/GETTY IMAGES

▶ Luis Fabiano of Brazil jumps over Claudio Bravo of Chile to score.

BRAZIL	CHILE
3	0

Goal Scorers: Brazil: Juan (34th), Luis Fabiano (38th), Robinho (59th)
Shots: Brazil: 17; Chile: 15
Shots on Goal: Brazil: 6; Chile: 2
Fouls Committed: Brazil: 14; Chile: 18.
Attendance: 54,096

Juan, Luis Fabiano and Robinho scored as Brazil moved closer to a sixth World Cup title, beating South American rival Chile 3-0 yesterday to reach the quarter-finals.

Juan gave his team the lead in the 35th minute with a firm header from a corner, sending the ball into the upper left corner and past the outstretched arms of Chile goalkeeper Claudio Bravo.

Luis Fabiano added to the lead from a fast breakaway in the 38th, receiving a one-touch pass from Kaka and dribbling past Bravo inside the area before scoring into an open net. Robinho started the play with a run on the left side before finding Kaka at the edge of the area.

Robinho then scored his first goal of the tournament with a shot from the edge of the area in the 59th, receiving a pass from Ramires and shooting inside the far post.

It was Robinho's seventh goal in Brazil's last six matches against the Chileans.

Brazil will next face the Netherlands, which beat Slovakia 2-1.

Chile became the first of the five South American teams to be eliminated from the World Cup. Argentina, Paraguay and Uruguay are still in the tournament along with Brazil.

"We leave the tournament knowing that we gave everything on the pitch," Bravo said. "We are a very fragile team at times. We attack very well, but we have to know when to defend."

Brazil has now reached the quarter-finals of the World Cup every time since 1990.

THE ASSOCIATED PRESS

Netherlands doubles Slovakia

23
The Dutch extended their team-record unbeaten streak to 23 games with help from goalkeeper Maarten Stekelenburg, who made two key saves in the 67th.

LAURENCE GRIFFITHS/GETTY IMAGES

▶ Arjen Robben celebrates.

Arjen Robben and Wesley Sneijder scored yesterday to give the Netherlands a 2-1 win over Slovakia and a spot in the World Cup quarter-finals.

The Dutch went ahead in the 18th minute, when Robben cut inside from the right flank and scored from 20 yards. Sneijder added a second goal into an empty net in the 84th.

Netherlands goalkeeper Maarten Stekelenburg preserved the win with two key saves in the 67th, and the Dutch extended their team-record unbeaten streak to 23 games.

Robert Vittek pulled one back for Slovakia from the penalty spot in injury time.

THE ASSOCIATED PRESS

Portugal promises to attack

PORTUGAL SPAIN

▶ **Time:** 11:15 a.m. PT
Channel: CBC

Portugal's coach promised attacking soccer ahead of his team's round of 16 match against Spain today, predicting the first-ever meeting between the neighbouring countries in a World Cup would be one of the highlights of the tournament.

A confident Carlos Queiroz said Portugal was ready to "take some risks" after 0-0 draws in the first round against Ivory Coast and Brazil. Spain is the reigning European champion and a World Cup favourite, but has been frustrated by packed defences in South Africa.

Midfield playmaker Deco could return for Portugal after missing two matches with a right hip injury, but Danny and Duda are unlikely to play after picking up injuries against Brazil. Spain, meanwhile, is monitoring Xabi Alonso, who returned to training yesterday from a right-ankle sprain.

THE ASSOCIATED PRESS

RICHARD WOLOWICZ/GETTY IMAGES

▶ Shane O'Brien gets offer.

Canucks tender eight offers

The Vancouver Canucks have tendered qualifying offers to eight restricted free agents, including defenceman Shane O'Brien.

The team also gave qualifying offers to forwards Mason Raymond, Jannik Hansen and Tanner Glass, a team spokesman confirmed yesterday.

O'Brien, 26, earned $1.6 million US last season. He had two goals and six assists plus 79 penalty minutes.

THE CANADIAN PRESS

4 sports

Sports in brief

1 Justin Morneau leads all-star vote for first base.

2 Cubs pitcher Carlos Zambrano will be placed on the restricted list.

3 Cincinnati Bengals receiver Chris Henry suffered from a chronic brain injury, research said. THE ASSOCIATED PRESS

Scan for code for sports news

Wimbledon in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. MATTHEW STOCKMAN/GETTY IMAGES
3. MATTHEW STOCKMAN/GETTY IMAGES
4. HAMISH BLAIR/GETTY IMAGES

1 Andy Roddick was stunned in the fourth round at Wimbledon by 82nd-ranked Yen-hsun Lu of Taiwan.

2 Serena Williams overcame Maria Sharapova to reach the quarters and avenge her loss to the Russian in the 2004 final.

3 Roger Federer swept past 16th-seeded Jurgen Melzer 6-3, 6-2, 6-3 to reach his 25th consecutive Grand Slam quarter-final.

4 Rafael Nadal beat Paul-Henri Mathieu in three sets and showed no sign of the right knee trouble that bothered him previously.

Lions want the roar back in their game

B.C. hopes to rebound from ugly 2009 season • Players want club to get back to the days when it was intimidating the opposing teams

RENE JOHNSTON/TORONTO STAR

▶ Former Lion Ryan Grice-Mullen evades a Toronto Argonaut last season. B.C. wants more of that swagger this season.

He's heard the talk around the CFL and Paris Jackson isn't happy.

The Canadian slotback with the soft hands and hard-nosed attitude thinks it's time to put some growl back into the B.C. Lions.

"We need our respect back," Jackson said.

"I have been hearing guys on different teams saying we lost our swagger, we're beatable.

"I've been around this team (when) there were teams fearing us. Montreal, Calgary, Edmonton and Saskatchewan. Now they are talking bad about us."

B.C. had a miserable season in 2009. The club finished fourth in the West with an 8-10 record, the worst since Wally Buono became coach and general manager in 2003.

The Lions needed overtime to beat the Hamilton Tiger-Cats in the East Division cross-over playoff game, then were humiliated 56-18 by the Montreal Alouettes in the East final.

Ending the season with a whimper meant a long, cold winter for the B.C. veterans.

"Teams, when they come to play us, have to know they are going to be in for a tough game."
GEROY SIMON, SLOTBACK

Geroy Simon wants this year's team to be more intimidating.

"Teams, when they come to play us, have to know they are going to be in for a tough game," said the veteran slotback, who needs nine touchdowns to tie Willie Fleming for first on the Lions' all-time list with 87.

"At times in the past year or so we didn't have that. With the talent we have, we have to go out and show that talent. Then teams will be nervous about playing the B.C. Lions."

The Lions open their regular season July 4 against the Edmonton Eskimos at Commonwealth Stadium.

THE CANADIAN PRESS

Stability in the QB

The return of Casey Printers late last season, the CFL's outstanding player in 2004, has brought stability to the quarterback position. For the first time in years the Lions went to camp with an established No. 1 pivot.

"We don't have to worry about trying to jell with three different quarterbacks," said Geroy Simon. "We can worry about jelling with one and being on the same page with him."

Printers, who threw for 686 yards and three touchdowns in his five games with the Lions last year, is looking to re-establish himself after a failed attempt at the NFL and two disastrous seasons in Hamilton. THE CANADIAN PRESS

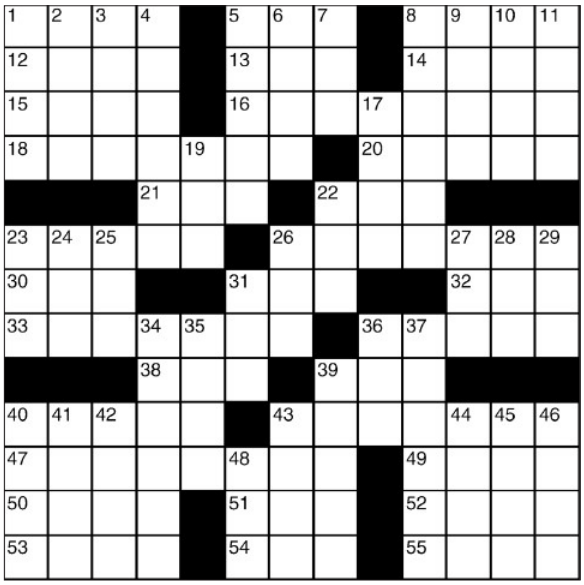
GEOFF HOWE/THE CANADIAN PRESS

▶ Casey Printers

502

Defence is an area the B.C. Lions must improve this season. The club allowed 502 points last season, the most since the 2000 campaign, and the team ranked in the lower third in many defensive categories.

Crossword



Across

1 Open slightly
5 Knock
8 Speedy steed
12 Equine crossbreed
13 Ram's mate
14 Zilch
15 Use 18-Across
16 Prefixed explanation
18 Windows feature
20 Red Sea land
21 Science workshop
22 Meadow
23 Refine
26 Hasp fastener
30 Feedbag tidbit
31 Curse
32 Weeding tool
33 Tetanus
36 Askew
38 Promptly
39 Larry and Curly's pal
40 Foolish folks
43 Mandible
47 Nitwit
49 Vicinity
50 Carrier to Tel Aviv
51 Eggs
52 Afternoon affairs
53 Journals
54 "Platoon" site
55 Catch sight of

Down

1 "So be it"
2 Martial art
3 Settled down
4 Narrate anew
5 Habit-kicking program, for short
6 Dumbfounded
7 Shell game need
8 Temper, as metal
9 Leeway
10 Initial stake
11 Existed
17 Changed the color
19 Butter serving
22 Remiss
23 Scale member
24 Long March leader
25 And so on (Abbr.)
26 "Wham!"
27 Discoverer's cry
28 Swindle
29 Frat party container
31 Manhandle
34 Prepares to pray
35 Tease
36 "Holy moley!"
37 Money-back deal
39 Sir's counterpart
40 First victim
41 One's performance
42 Unforeseen woe
43 Morning beverage, slangily
44 Raw rocks
45 Tide variety
46 Simple
48 Very long time

▶ Yesterday's answer

C	O	M	B		D	U	B		E	Z	R	A
A	L	A	R		E	R	E		N	O	O	N
M	I	L	O		V	I	R	T	U	O	S	O
P	O	I	N	T	E		G	E	R	M	A	N
			C	O	L	A		D	E	L		
D	O	L	O	R	O	S	O		D	E	M	O
I	D	O		S	P	I	N	E		N	U	N
E	E	L	S		S	A	R	G	A	S	S	O
			L	U	G		N	E	A	P		
S	O	I	R	E	E		C	D	R	O	M	S
E	S	P	R	E	S	S	O		O	M	A	N
A	L	O	E		S	I	R		N	I	N	A
R	O	P	Y		E	N	D		S	T	E	P

Sudoku

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Thanks to everyone for the birthday wishes. It's so nice that everyone took a moment to think of me yesterday
HAILBAIL

Francesco this Metro Kiss is just for you.
LAI XO...

Adam and Sophia: Summer is here, we are going to have so much fun! Love you both very much
MOMMA XOXOX

I love you Ahamad!
L XO...

You're an amazing Mom. Good luck on Wednesday.
LOVE, CHRISTINE

How did I get so lucky?
XO MARIA

Dear Brut, Congrats on the new ta-tas
WONDER WOMAN

The Weather Network
©The Weather Network 2010

Today Sunny 18° / 11°
Wednesday Variable 18° / 11°
Thursday Sunny 19° / 12°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 If you need to make changes on the home front then now is the time. In fact, if you don't make changes soon something will force you to change.

♉ Taurus April 23-May 21 Your awareness of how quickly time passes and how much needs to be done will motivate you to cram as much as you can into the next 24 hours. But don't overdo it.

♊ Gemini May 22-June 21 | What you achieved yesterday and the day before may have been good but it is what you achieve today and tomorrow and the day after that which matters. Set your sights high and get cracking.

♋ Cancer June 22-July 22 Whatever you want most out of life you will find a way to get over the next few weeks, and you won't let anything stand in your way.

♌ Leo July 23-Aug.23 For your own peace of mind you need to carve out some time when you can be on your own.

♍ Virgo Aug. 24- Sept. 22 You will meet someone today who has remarkable ideas, the kind of ideas that can inspire you to accomplish great things.

♎ Libra Sept. 23-Oct. 23 Play by the rules and resist the urge to cut corners, even if you are certain that you won't be caught. It's not those in authority you most need to worry about but the bad feeling you will get from your own conscience.

♏ Scorpio Oct. 24-Nov. 22 Throw caution to the wind and do whatever it takes to make your mark on the world. Aim to be first in everything and before the Sun dips below the horizon your name will be on everyone's lips – hopefully for the right reasons.

♐ Sagittarius Nov. 23-Dec. 21 If you have made any promises in recent weeks then you will be expected to deliver on them today, no matter how difficult that might be.

♑ Capricorn Dec. 22-Jan. 20 Like it or not other people will have the last say as to where you can go and what you can do over the next 24 hours. That might not sound appealing but you will just have to put up with it – for now.

♒ Aquarius Jan. 21-Feb. 18 Cosmic events in the work and well-being area of your chart urges you to make detailed plans before embarking on anything new. Make sure you research all the pros and cons before starting a new fitness regime.

♓ Pisces Feb. 19-March 20 You will find yourself in a position of power today, and that's nice, but the extra responsibility will also bring a certain amount of stress. Do you think you can handle it? If not, that's okay.

SALLY BROMPTON

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS

We're diving in!
Spanx Slimming Swimsuits
This season we are introducing the latest SWIMSUITS.
The Spanx by Sara Blakely.
BEAUTY mark
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

FLIGHT CENTRE Unbeatable
Anaheim Family Special
Air + 3 Nights
from $299
+ taxes & fees $113
INCLUDES accom near Disneyland Resort. ADD 3-day Disneyland Resort Park Hopper Bonus Ticket from $197.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Family Special price is per person for quad occupancy (2 adults & 2 children ages 2-17). Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Award Winning - 2009 Vancouver View Award
EURO CHARM
Skincare and Body Clinic
"Where wellness meets beauty"
• Hydrotherapy and Psoriasis Technology Services
• Cellulite Reduction and Slimming Programs
• Non-Surgical Face and Body Skin-Lift
• Supplement and Vitamin Program (Life Extensions)
• Day SPA Treatments and Phyto and Oxygen Bar
20% off for all Laser Services | 795/unit Botox | 20% off Beautytek Treatments
Gift Certificates available Specials Expire July 15, 2010
604.568.2575 • 3401 East Hastings St, Vancouver
www.eurocharm.ca • 1 Block East of the PNE • Free Parking

Switch to where the grass is greener.

Now you can get the most reliable Home Phone* for only $10/month, for 3 months in a bundle.† TELUS Home Phone works even during a power outage, which not every home phone service can claim. Switch to TELUS and you'll also get:

- 1 Calling Feature of your choice
- 4¢/minute long distance calling within Canada and to the U.S.‡
- No installation fees**

TELUS

the future is friendly®

Call 310-1144 or visit telus.com/homephone

*Based on total service disruptions and outages experienced by clients in the past year. †Offer available for a limited time to residential clients in select locations. Subject to change at any time. ‡Plan rates apply to direct-dialled long distance calls only. Calls terminating in the 218 and 712 area codes and overseas calls terminating on a wireless phone or audio text facilities may be subject to higher rates. 911 fees and taxes are extra. TELUS Long Distance terms of service apply; visit telus.com for details. **Only clients who are in deregulated local service areas are eligible. Visit http://about.telus.com/publicpolicy/LSlookup.html to see if your local service area is deregulated. © 2010 TELUS.